

# THE HEALTH DANGERS OF DAIRY PRODUCTS

*The dairy industry and food authorities know that cow's milk products cause a range of health problems, but continue to promote them as being essential to our diets.*

Edited from the Internet home page of  
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**W**e've been concerned for some time about the health dangers from consuming milk and dairy products. Last issue we ran an item in *Global News* on the cancer risks from BST-treated milk, and also reviewed Robert Cohen's book, *Milk: The Deadly Poison*. For this issue, we've edited a selection of questions and comments from Robert "NOTMILKMAN" Cohen's Q&A website. But be warned: after reading this, you may never drink milk again! — Editor

#### Letter 85: David Weber, Oklahoma

I became diabetic at age twenty-five. The diabetes literature makes some references to a possible link between cow's milk and diabetes. But, of course, doctors are into treating diseases and are not interested in food. If you would do clinical testing to prove that cow's milk is the cause of diabetes, and stop the spread of diabetes, you would receive the Nobel prize...

#### The NOTMILKMAN's comments:

A study at the University of Helsinki (Virtanen and Aro, "Dietary factors in the aetiology of diabetes", *Ann. Med.* 26(6):469-478, Dec. 1994) revealed that early introduction of cow's milk in babies three months of age or younger often resulted in complete insulin deficiency. This pathology occurred because naturally occurring beta cells were destroyed by the infant's allergic reaction created in response to the presence of cow's milk proteins.

Scientists in Italy noted similar effects after analysing data from diabetic children. Their conclusion indicated an absolute cause and effect relationship between milk consumption and diabetes (Fava, et al., "Relationship between dairy product consumption and the incidence of IDDM in childhood in Italy", *Diabetes Care* 17(12):1488-90, Dec. 1994).

Researchers at the University of Colorado published a paper in the *Journal of Endocrinological Investigations* which identified a bovine albumin peptide as a trigger of insulin-dependent diabetes mellitus (Norris and Pietropaolo, *J. Endocrin. Invest.* 17(7):1488-1490, July-Aug. 1994).

Early exposure to cow's milk was linked to the development of diabetes in a carefully controlled rat experiment by scientists in Canada. They linked early exposure to bovine proteins in both rodents and humans as the cause of diabetes mellitus. Their work was published in the February 1994 issue of the *Journal of Immunology*.

These above studies are examples of research that the dairy industry prefers you *not* read. The more knowledge you gain, the less ignorant you become. Ignorance is *not* bliss. Ignorance can be damned unhealthy! Armed with such facts, would you expose your infant to cow's milk? After recognising the fact that bovine proteins cause the body to react by producing antibodies which destroy insulin-producing beta cells, do you think that it is wise to drink body fluids containing hormones from another species of creature? The hormones work. If you choose to believe FDA (the US Food and Drug Administration), who assures us that the hormones in milk do not work, you play with a powerful, loaded gun. If you elect to review the scientific evidence, then you arm yourself with ammunition which will protect you.

Regards, the NOTMILKMAN

#### Letter 115: Roy Cestensen, Norway, 16 January 1998

I was quite impressed with this page, and although I've heard some of the arguments before, and therefore been sceptical of milk for many years, many were new to me. The

evidence for the dangers of milk have hardly ever been commented on in Norway.

As you may know, Scandinavians are among the most heavy milk-drinkers in the world, and the region also happens to have some of the highest rates of diabetes and osteoporosis. For instance, a news report a few days ago commented on the severe difference in the occurrence rates of diabetes between the eastern and western parts of Norway's capital, Oslo. It appears that diabetes is almost non-existent on the eastern side, which is the poorer and mostly inhabited by immigrants. Scientists pointed out a correlation in their data between the rate of infections at early age as a possible explanation. Supposedly many infections as a child may protect against diabetes later!

I don't know if there is any medical reasoning behind this, but I suspect that they haven't even considered the well-known fact that average Norwegians drink 10 times more milk than average immigrants.

**The NOTMILKMAN's comments:**

For your interest, I had a discussion with a French nutritionist yesterday. She claimed that the French eat a lot of cheese and drink a lot of milk and are still the healthiest people in the world. Well, I told her that in 1994, 16.49 American women out of 100,000 died from breast cancer. In the same year, that number was greater for France. The French eat more cheese and drink more milk than Americans, and 17.79 women out of 100,000 died from breast cancer.

Now for the really bad news. The people of Norway drink more milk than even the people of France. Ready for the breast cancer rate? It's 17.88 women per 100,000! It could be worse. The Netherlands has a rate of 22.13 breast cancer deaths per 100,000. Let's remember that Dutch milkmaid (may she rest in peace) as we learn the truth about the hormones in milk.

Regards, the NOTMILKMAN

**Letter 160: Paul M. Fleiss, MD, MPH, 21 February 1998**

Pasteurisation and homogenisation alter the composition, digestion and bioavailability of milk in a significant manner. I suggest that you look at Raw Certified Milk as produced by Steve's Natural Dairy in California for a much different product than what you are talking about. All milk is not the same!

**The NOTMILKMAN's comments:**

Dear Doctor: Many people are not aware that milk is often pasteurised two or three times before it begins to snap, crackle and pop in their cereal. Why would processors have to repeat the procedure if it works so well? Answer? Allow me to reveal what should be self-evident: pasteurisation does not work! When conditions such as heat treatment are not favourable to the little guys (Bacillus, Clostridium, etc.), they protect themselves and form

spores which then protect them from boiling and antibiotics and germicides. When the milk cools and conditions become suitable for growth, these bacteria are restored to their original state.

Most consumers are fooled by dairy industry propaganda and trust their health to the pasteurisation myth. These same consumers should use their sense of smell after even one week of refrigeration. Something's rotten in that container. The offensive smells are the toxins secreted into the milk by the cultures of micro-organ-

isms which continue to grow.

If milk is to be safe to use, it must come from clean and disease-free animals. Unfortunately, most of the milk of America contains leukaemia, tuberculosis or the bovine immunodeficiency virus, according to Virgil Hulse, MD. Dr Hulse has been a dairy inspector and is one of the well-established experts in America on this subject.

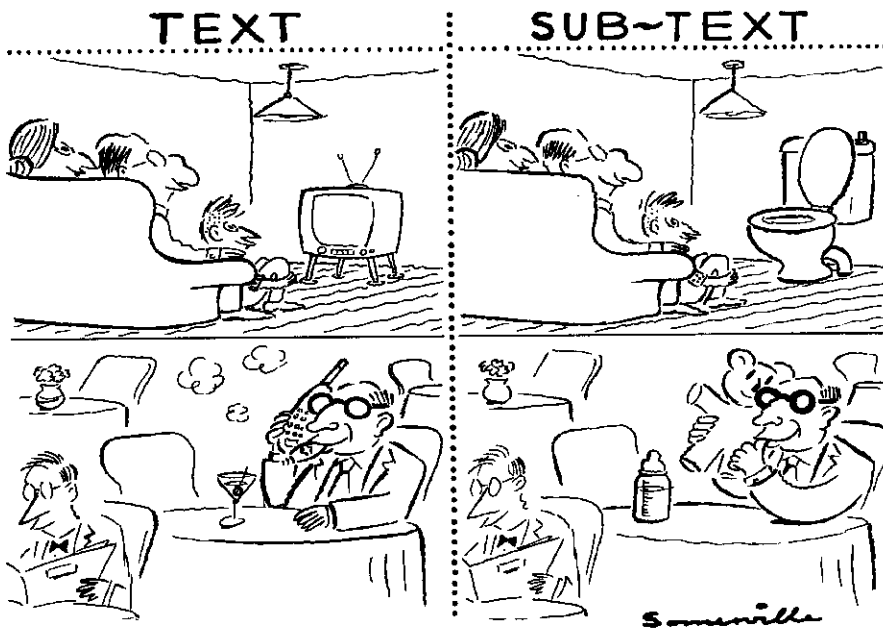
My interest in milk began about four years ago. I did not want my children overdosing on powerful growth hormones which are not destroyed by pasteurisation. I have since learned that pasteurisation does not destroy many other dangerous substances. Please look up "paratuberculosis". Cows are getting an intestinal disorder from paratuberculosis, a heat-resistant Mycobacterium. Cows get Johne's disease from this organism and humans catch this intestinal disorder by drinking the cow's milk. There is a positive link between human Crohn's disease and milk consumption.

Regards, the NOTMILKMAN

**Letter 161: Diane Parker, San Diego, 22 February 1998**

I became a vegetarian over 20 years ago and overindulged on dairy products due to my misconception about adequate protein intake. I became overweight, developed tendonitis (calcium deposits) in my elbow, and had chronic upper respiratory problems. I finally eliminated all dairy products from my diet after reading books by John

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McDougall, Frank Oski, Gary Null and Neal Barnard. All of the above-mentioned health problems cleared up and my energy levels increased.

It was 10 years later that I gradually reintroduced dairy products into my diet (I still couldn't bring myself to drink straight milk). In a little over a year, my weight is out of control, excess mucus and upper respiratory problems are back with a vengeance, and I'm beginning to have joint and arthritis-like pains. I directly attribute this to my dairy product consumption.

Your site has reaffirmed my conviction to live dairy-free. I look forward to reading your book and I'm grateful to you and others who are trying to re-educate all of us.

**Letter 167: Lauri Bartlema, Texas, 27 February 1998**

I was fine until I read the "pus" part. Is it just as bad if you drink skim milk?

**The NOTMILKMAN's comments:**

Dear Lauri: Skim milk is worse! Americans have changed their diets. In 1979 the average person drank 149 pounds of whole milk and 78 pounds of low-fat milk. By 1994 the numbers were nearly reversed: 75 pounds of whole milk, 124 pounds of low-fat. We drink, on average, three ounces per day more of low-fat milk. Take the fat out of milk and you have a higher proportion of protein. Proteins in milk, particularly casein, are what cause most of the allergies which I have written about in my book, *Milk: The Deadly Poison*.

A column in the *US News & World Report* (Jan. 12, 1997, p. 22) revealed that asthma deaths have more than doubled from 1979 to 1994. The National Lung Association is at a complete loss to explain why. They conclude that there is no dietary factor. Time for a wake-up call, don't you think? If you drink Elmer's glue (casein), wouldn't you expect those bronchioles in your lungs to close up? The horror of an asthma attack: the victim gasps for breath but the glue in the lungs brings on a terrible death. For 2,598 Americans in 1979 and for 5,487 Americans in 1994, milk was a deadly poison. The *US News & World Report* article revealed that most sufferers were African Americans. They blamed asthma on poverty. What a lack of wisdom! Ninety per cent of African Americans are lactose-intolerant. These people cannot digest bovine proteins. Solution? Hire African Americans like Spike Lee, Patrick Ewing and Naomi Campbell to wear those "milkstaches". Pay 'em each to betray their own race.

Regards, the NOTMILKMAN

**Letter 175: Michael Stanley, New Jersey, 2 March 1998**

Heard you on WFAN NY this morning. What a way to wake up on a Sunday morning! You definitely got our attention. I must admit, though, that it is a hard way for us to look at the product.

My wife's first husband's family operated a dairy farm for years. I grew up down the street from a dairy farm. I spent many days there growing up. I remember many glasses of fresh milk.

Is the way that milk is produced now that much different than from a generation ago?

**The NOTMILKMAN's comments:**

Dear Michael: A generation ago, the average dairy cow yielded just eight quarts of milk per day. Today, a typical cow yields 50 quarts per day.

A generation ago, cows ate grass. Today, cows are fed bone meal and blood meal from their brothers and sisters.

A generation ago, the cream rose to the top of the glass bottle. Today the milk is homogenised, the fat molecules are made smaller and become carrier mechanisms for protein hormones which survive digestion and bypass the gut. Milk, once put into glass bottles, is now put into plastic containers.

A generation ago, farmers were allowed to put one part per hundred-million of antibiotics in milk. Today, farmers can put 100 times that level of antibiotics in milk.

A generation ago, there were few antibiotics, *ergo* few antibiotic residues in milk. Today, there are 52 different residues of antibiotics found in milk.

A generation ago, it was against the law to approve a drug for our food supply that caused cancer in laboratory animals. Today, thanks to Monsanto's attorney (Mike Taylor) hired by FDA, the law prohibiting cancer in lab animals has been changed, minimising the way FDA now looks at cancer.

A generation ago, one out of 20 women was expected to get breast cancer. Today, according to an article in the *New York Times* (Nov. 8, 1994), 39 per cent of American women between the ages of 40 and 50 have cancer in their breasts.

A generation ago, it was rare to hear of a child getting cancer or leukaemia or needing a bone marrow transplant. Today, this all breaks my heart.

Regards, the NOTMILKMAN

**Letter 269: Paul Gadebusch III, 5 April 1998**

Interesting. The conclusions leave out some steps, but worthy of consideration.

The fact that 60 per cent of cows have the leukaemia virus—do humans catch leukaemia from bovine leukaemia virus? Is it in the milk? I am willing to buy a lot of what you say.

**The NOTMILKMAN's comments:**

Dear Paul: Herds having 80 per cent or more cows infected with leukaemia are not uncommon. Dairy industry expert Virgil Hulse, MD, recently testified in pre-trial depositions for Oprah Winfrey that 60 per cent of the cows are infected with bovine leukaemia virus. Hulse details how leukaemia crosses the species barrier in his brilliant book, *Mad Cows and Milk Gate*. You can buy the book from Marble Mountain Publishing at (541) 482 2048. Hulse identifies leukaemia clusters among school children and dairy workers, which he traces back to infected herds.

I have devoted a chapter of my book, *Milk: The Deadly Poison*, to leukaemia. Lab animals treated with the hormones found in America's milk had an average spleen increase of 46 per cent after just 90 days. The same-size spleen increase in humans would

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often result in a leukaemia diagnosis. I know very little about the cure, but I do know a lot about the prevention: NOT MILK!

Regards, the NOTMILKMAN

**Letter 277: Marcy, Connecticut, 8 April 1998**

Dear Robert: I'd like to share information with you on my son who has been diagnosed with mild autism. Although he was born perfectly healthy and developed normally, he was given a contaminated oral polio vaccine with the DPT at 18 months, which caused autism and sent his immune system into an activated state, causing numerous allergies. At the time, his diet consisted mainly of dairy products which he craved, and as it was increased he became more and more 'classically' autistic. He was lost in his own world, appeared deaf, and was unaware of people or things around him.

My husband and I began seeing an expert in autism in Weston, CT, who told us that autistic children are unable to digest milk and gluten properly: the peptides become toxic to the system and cause brain damage. Once my son was off dairy, he came back to the real world and lost many autistic symptoms. He still has language delays and sensory issues, but he is very sweet and interactive, and close to being a normal child.

On the other hand, my daughter, who is three, was taken off dairy at five months when we wised up to the dangers of milk. She is gifted and extraordinary, and people are amazed by her. My husband and I truly believe that this is due to the lack of milk in her diet. And both children love their rice milk, by the way!

Another thing is, I see issues in all the children I know who have dairy-based diets: either ADD, sensory difficulties, erratic behaviour, developmental delays, or poor health. Unfortunately it is very difficult to convince other mothers that it would be in their child's best interest to eliminate or even cut back on dairy.

Thank you for, and good luck with, your incredibly important research!

**Letter 289: Brandi, Kentucky, 10 April 1998**

I am responding to your reply to my comment on April 8. I am going to be civil with this. I've read those comments from others who curse you and call you every name in the book. That gets them nowhere. Let me begin with the antibiotics.

I can't speak for every Tom, Dick and Harry Dairyman out there, but let me tell you this, Mr Cohen: there are no antibiotic residues in our milk. We throw the milk away from a treated cow. There may be those out there who know nothing of the milking process. We individually test each cow's milk, if she has been treated with antibiotics, before we even think of putting her milk into the bulk tank. Then, on top of that, the milk truck driver pulls a sample from our tank, then pumps the milk from our tank onto his truck. He takes all those samples from each dairy and the laboratory runs tests on them. If my sample was somehow to show up as laced with antibiotics, the entire truckload of milk is driven back to my farm and dumped into our manure pit. We end up paying for the entire load.

I've seen those TV shows where a carton of milk from the grocery was tested and showed antibiotics. I don't know how that happened. Why would a dairy farmer knowingly allow milk laced with antibiotics to flow into his bulk tank cooler? If anyone does that, then they must be pretty courageous and a little insane.

**The NOTMILKMAN's comments:**

Dear Brandi: I believe you and respect the fact that your milk does not contain antibiotics. I also respect *Consumers Reports* magazine and the *Wall Street Journal*. Both independently tested milk in the New York metropolitan area and found 52 different antibiotic residues. Your milk is mixed with the milk from your neighbours' farms.

Something terrible happened in 1989. Monsanto began to test their new genetically engineered hormone on dairy herds and found that the tested cows were getting ulcers on their udders. Milk from these sick cows contained more pus and bacteria.

Monsanto's solution was to send their top dairy scientist, Margaret Miller, PhD, to work at the FDA.

When a farmer has a sick cow he must treat her with antibiotics. For every sick cow with visible ulcers (mastitis), there are anywhere from 15 to 40 animals that also have internal ulcers not visible upon inspection. In a 1,000-cow herd, that means that if 10 cows were visibly sick there could be between 150 to 400 additional sick animals. The dairy farmer's solution was to treat the entire herd with drugs.

Monsanto's Miller was hired by FDA. Her first mission was to solve this problem. Her solution was simple: she increased the safe allowable levels of antibiotics permitted in milk from one part per hundred-million to one part per million (ppm)! Because of Monsanto's dairy scientist-turned-FDA bureaucrat, farmers were allowed to increase antibiotics in milk by 100 times. Most milk is accepted because the limits were increased by 100 times!

In the meantime, the Centers for Disease Control and every mother with a sick child know that antibiotics no longer work. New strains of emerging diseases have developed immunities to these antibiotics. America overdoses on these wonder drugs every single day. Your milk and dairy products represent 39 per cent of what the average American eats.

age American eats.

On March 16, 1994, a letter signed "Concerned CVM [Center for Veterinary Medicine] Employees" was circulated to members of Congress, GAO, FDA Commissioner David Kessler, the Inspector-General of the United States Richard Kusserow, and Michael Hansen of Consumers Union.

Here is part of the chilling letter. The entire letter can be found in my book, *Milk: The Deadly Poison*, along with supporting documents.

"To whom it may concern:

"We are a group of CVM/FDA employees who are very concerned about the FDA's recent decision not to label milk treated with BST [bovine somatotropin]. We are afraid to speak openly about the situation because of retribution from our director, Dr

**Consumers Reports  
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Robert Livingston. Dr Livingston openly harasses anyone who states an opinion in opposition to his.

"The basis of our concern is that Dr Margaret Miller, Dr Livingston's assistant and, from all indications, extremely 'close friend', wrote the FDA's opinion on why milk from BST-treated cows should not be labeled. However, before coming to FDA, Dr Margaret Miller was working for the Monsanto company as a researcher on BST. At the time she wrote the FDA opinion on labeling, she was still publishing papers with Monsanto scientists on BST. It appears to us that this is a direct conflict of interest to have in any way Dr Miller working on BST. As you know, if milk is labeled as being from BST-treated cows, consumers will not buy it and Monsanto stands to lose a great deal of money. Several of Dr Miller's former colleagues would lose their jobs.

"To add to this, Dr Livingston had Dr Miller write a policy on use of antimicrobials in milk. She picked an arbitrary and unscientifically unsupported number of 1 ppm as being the allowable amount of antimicrobial in milk permitted without any consumer safety testing. This is for any antimicrobial. A cow could be treated with several antibiotics and each one would be permitted to be in milk at a level of 1 ppm without additional consumer safety testing. Effects of the different antibiotics could be additive and this is not taken into account.

"As you know, one big concern for BST is that it leads to increased antibiotic use..."

The truck driver tests the milk. It is well within the safe limits established by the FDA. He happily drives away, unaware that the limits were arbitrarily increased by 100 times. We drink the milk and eat the cheese, unaware that we now consume 100 times the previously safe limits. FDA continues to tell America that permissible antibiotics in milk are well within the safe limits. They omit the fact that they changed the limits. Let the truth be known!

Regards, the NOTMILKMAN

#### Letter 305: Name withheld on request, 15 April 1998

Had to respond to the dairymen who claim that testing eliminates antibiotics from milk. You may post this message, but please withhold my contact info (whistleblowing has no reward).

Farmers are not required to test for antibiotics. Only bulk tank producers test before adding milk to the huge silos. They are required to test each truckload for a tiny handful of antibiotics (the five or six target antibiotics that are deemed most used by farmers). When a farmer has his truckload rejected, what does he do? He switches antibiotics to one which is not on the list. It will be added to the list by the FDA when they feel it has become a problem.

Initially, farmers only had to screen for penicillin. Later amoxicillin, ceftiofur and others were added. The milkman is playing a constant game of hide-and-seek with your milk, and you're losing!

Now let's discuss "safe levels". These are

like radiation "acceptable doses", constantly changing as you've noted. But what you should research is the tests that are used to detect these levels. FDA requires tests to be certified that they do indeed detect these antibiotics. Recently, FDA evaluated several tests from several manufacturers. Tests were required to correctly capture tainted milk from several samples. Only one manufacturer's tests passed on the first round. So the FDA, reluctant to grant a virtual monopoly to the company, loosened the specs and allowed a second round with a few "mistakes". Some companies failed this round, too. So they loosened the specs again to allow dairy producers to use less-sensitive tests and pass more milk into the food chain. By regulation, this dose response and sensitivity info is posted on the tests' instructions. Remember, these loosened tests are only looking for the target antibiotics. Who knows what levels of non-target or even illegal antibiotics are in there?

And with hundreds of thousands of dollars at stake, milk producers are looking for any excuse to accept the milk—rather than rejecting it at the slightest hint of contamination.

Ready for another shocker? Sometimes they dump contaminated milk. Sometimes they feed it to the other cows! Then they wonder why the cows no longer respond to the drug to clean up mastitis. This info could get me fired, but you seem to be the only one willing to publicise the truth about overuse of antibiotics in the food chain. Growth hormones

will not kill us. We'll be long dead from some resistant "superbug" before the cancer sets in.

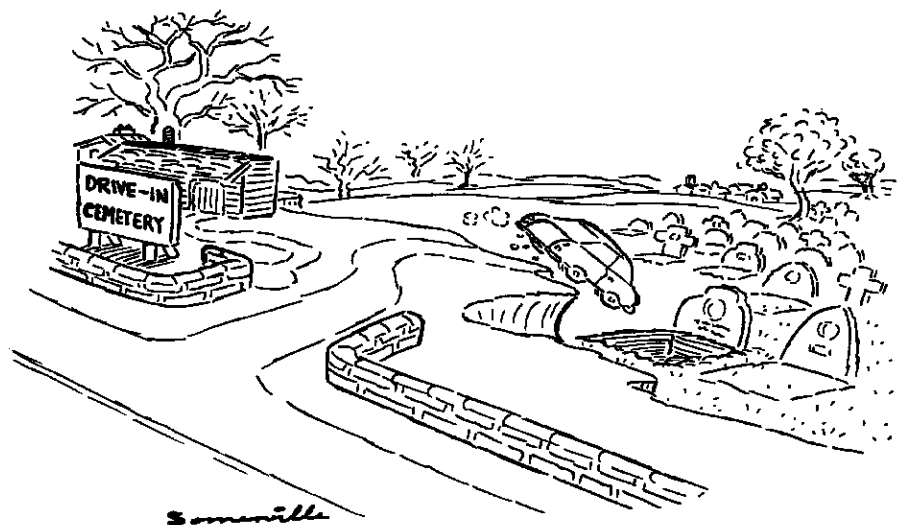
#### The NOTMILKMAN's comments:

Wow! What a letter! I know what you know, and so do the milk inspectors and so do the regulators at USDA [US Dept of Agriculture] and FDA. The secrets of the dairy industry are now being revealed to the world. Monsanto genetically engineered the bovine growth hormone and, in doing so, opened up an enormous Pandora's box that can never again be closed.

I was going to ask you whether or not you drink the milk which you produce. I think that I know the answer.

Regards, the NOTMILKMAN

**All humans drink powerful growth hormones in each sip of milk.  
All humans eat large amounts of animal fat if they drink milk.  
All humans eat dangerous cholesterol if they drink milk.**



**Letter 291: Jeffree Moline, 10 April 1998**

I left a message several days ago and bounced back on to check out the site again. A really great site! I noticed that you are getting a lot of flack from the pro-dairy folks. All I can say is, if they believe that dairy is so good, then eat it. If they think dairy is so good, why do they insist on vicious diatribes to support their (in my opinion, unwinnable) position. They have huge industries and advertising agencies to support them. Why are they so scared of a small, private website?

There are many reasons I don't drink milk (one is that it causes excess mucus in my body, and less mucus is good). Yes, I will eat my greens and enjoy my ice-cold glass of rice, soy or oat milk...so good, and good for me. Thank you for having the courage to do this page and deal with the ignorant masses of consumers who aren't ready for the message.

**The NOTMILKMAN's comments:**

Dear Jeffree: I am amazed by the number of dairy farmers who have written privately to me, confessing that they no longer drink milk because it "doesn't agree" with them.

All people react negatively to milk proteins. Some of us have the ability to pay attention to the body's clues and have linked milk consumption to a variety of problems: mucus production, haemoglobin loss, childhood diabetes, heart disease, atherosclerosis, arthritis, kidney stones, mood swings, depression, irritability and allergies. This list was published in the *Townsend Letter for Doctors and Patients*.

All humans produce 100 different antibodies to bovine proteins. All humans drink powerful growth hormones in each sip of milk. All humans eat Elmer's glue if they drink milk. All humans eat large amounts of animal fat if they drink milk. All humans eat dangerous cholesterol if they drink milk. All humans eat pus if they drink milk. All humans eat bacteria if they drink milk.

Regards, the NOTMILKMAN

**Letter 380: Andrew, Massachusetts, 5 May 1998**

Please provide data, statistics or scientific evidence which prove or support this statement: "Milk is the foundation of heart disease and the explanation for America's number-one killer." I would prefer that you state the data rather than just the source, so that all might understand how you justify making such a statement. Are there studies of heart disease victims which show that milk or dairy products were a substantial factor in the cause of this disease in individuals? If so, please name and briefly summarise them, and let us all know where we might access them.

**The NOTMILKMAN's comments:**

Dear Andrew: Hundreds of studies have implicated milk and dairy products as the leading cause of heart disease. Many such studies are cited in *Milk: The Deadly Poison*.

High triglyceride and cholesterol levels are both associated with coronary heart disease. One study (*J. Clinical Biochemistry and Nutrition* 9(1):61-66, 1990) showed that adult milk drinkers (those consuming more than 200 ml daily) have higher total cholesterol levels, higher low-density lipoprotein-cholesterol ('bad' cholesterol) levels, and higher triglyceride levels than those who drink less than 60 ml per day.

Oster and Ross (two Connecticut cardiologists) found that their

heart attack patients *all* experienced the destruction of one-third of the cellular material in their atrial cells. These two men identified bovine xanthine oxidase as the cause of this cellular degradation. The key event, in their opinion, was how bovine proteins survive digestion and bypass the gut as a result of homogenisation which micronises liposomes (makes fat molecules smaller). Oster and Ross considered their 1973 discovery to be a "triumph over the most serious threat to life today". Although every one of 300 heart attack patients produced antibodies to these dangerous bovine proteins, proving that they did survive digestive processes, FDA continues to maintain the position that proteins do not survive digestion (*Proc. Soc. Exper. Bio. & Med.* 163(1), Jan. 1980).

Every health agency and medical journal has warned about the danger of consuming animal fats. The average American eats a total of three ounces of meat and chicken each day, while consuming more than 10 times that amount in milk and dairy products which contain the same dangerous animal fats. If you are the average American, from milk and dairy products (ice cream, cheese, butter, etc.) you will consume this year the same cholesterol contained in 19,000 slices of bacon.

Andrew, do you really want a study? Try and advertise for volunteers for a one-year study to test the effects of eating 53 slices of bacon each day for 365 days. Imagine your doctor giving you such advice. You would want to find a new doctor!

Take those 19,000 slices of bacon and multiply by 52 and you'll find the average 52-year-old having consumed the same cholesterol as contained in 1,000,000 slices of bacon. He and his doctor have no clue as to what causes heart disease—America's number-one killer. Neither does the American Heart

Association (AHA), which continues to endorse milk and dairy products as an important part of the American diet. Without dairy industry funding and continued heart disease, these phoneyes at AHA would be out of business. If a company donates \$60,000 to the AHA, they receive their approval and permission to advertise the heart logo on their product. I know of at least one milk company that enjoys the benefit of fooling Americans into believing that their product is healthy.

The AHA recently informed the NOTMILKMAN that they would *not* allow his book or any part of his agenda to be marketed at their convention. These prostitutes would sell the hearts and souls of Americans for the almighty dollar; yet, faced with evidence that the average American eats the same dangerous cholesterol each year from milk and dairy products that is contained in 19,000 slices of bacon, they *heartily* endorse such practice.

Regards, the NOTMILKMAN

**About the Commentator**

Robert "NOTMILKMAN" Cohen studied physiological psychology at Long Island University's Southampton College but did not pursue his career in biological research. Twenty-four years later, out of concern for the welfare of his school-age children, he decided to investigate the scientific data on the controversial genetically engineered bovine growth hormone developed by Monsanto and approved by the FDA without human trials. Cohen's book, *Milk: The Deadly Poison*, is the result of three years of intensive research into the adverse health effects of dairy products and milk hormones and the dubious practices of food/health authorities and industries. (Copies of the book can be obtained from the publisher, Argus Publishing, Inc., 301 Sylvan Ave, Englewood Cliffs, NJ 07632, USA, phone (201) 871 5871, fax (201) 871 9304.)

**Hundreds of studies have implicated milk and dairy products as the leading cause of heart disease.**